“Don’t Sweat the Small Stuff for Teens” by Richard Carlson, PhD

* Each of the following assignments have their own instructions.
* Each is to be typed (Times New Roman, 12-point font, Margins - top & bottom 1”, left and right 1.25”, double spaced).
* Your answers should be written in essay format (an outline will help you)

Assignments:

1. Due *Wednesday, September 28, 2011*

Read the following chapters on becoming the best you possible:

* 2: Convince yourself that one teen does make a difference
* 38: See the possibilities
* 43: Experience perfect imperfection
* 56: Go the extra mile
* 57: Watch your language

Which two are things you feel could help you the most? Implement the two for 7 days, then **write a minimum one page response.**

* Was it helpful? Why or why not? (explain how)
* Did you encounter anything that made following through with each more difficult? What was it? Explain.
* Will you attempt to incorporate these into your everyday lives? Why or why not?

1. Due *Monday, October 17, 2011*

Read the following chapters on relationships:

* 1: Don’t throw up on your friends
* 3: Don’t sweat the breakups
* 13: Be selective when choosing your battles
* 30: Become 25 percent less critical
* 59: Let people talk
* 62: Don’t burn bridges
* 76: Empathize
* 83: Remember to be kind

Which three are things you feel could help you the most? Implement the three tactics for 7 days, then **write a minimum two page response**.

* Was it helpful? Why or why not? (explain how)
* Did you encounter anything that made following through with each more difficult? What was it? Explain.
* Will you attempt to incorporate these into your everyday lives? Why or why not?

1. *Due Monday, November 21, 2011*

Read the following chapters focused on finding happiness within yourself:

* 17: Check out the space between your thoughts
* 25: Become a teenage warrior
* 26: Put it on paper
* 33: Get ready early
* 34: Avoid the 90-10 trap
* 35: Be the role model
* 39: Practice not sweating the really small stuff
* 40: Don’t keep your pain a secret
* 44: Dare to be ethical
* 45: Become “button-proof”
* 53: Be aware of the law of diminishing returns
* 57: Watch your language
* 64: Use reminder cards
* 69: Remember to be grateful
* 73: Develop a theme for the day
* 74: Apply the 1-10 scale
* 79: Cut your losses
* 89: Tame your anger
* 96: Experience delayed reactions

Which four are things you feel could help you the most? Implement the four tactics for 7 days, then **write a minimum two page response.**

* Was it helpful? Why or why not? (explain how)
* Did you encounter anything that made following through with them more difficult? What was it? Explain.
* Will you attempt to incorporate these into your everyday lives? Why or why not?

1. Due *Monday, January 4, 2011*

Finish reading the book (the chapters not covered by these projects). Perhaps there is something that you feel the book does not cover. As a teen, no one knows better than you. Write your own chapter for the book (**a minimum of one page response**).